



Healthy Beginning



July '16

CareNineSM



Physical play & Exercise

Sure, your toddler seems hyperactive, is constantly fidgeting and can barely sit still. But does that still amount to getting the right amount of exercise?

Physical activity in babies, toddlers and preschoolers increases muscle strength, coordination and bone density.

[Read more](#)



Getting ready for your baby's arrival

Once the baby is born and ready to come home, you want to be sure that the home is ready for the baby too. Here are a few things you can keep in mind:

[Read more](#)

Decoding baby movements



- **At 7-8 weeks:**
The baby starts general movements such as bending sideways or starting.
- **At 9 weeks:**
The baby may move individual limbs and even hiccup. It may also be able to suck and swallow.
- **At 10 weeks:**
The baby can flex, turn his head and can bring his arms up to his face. It also develops finer facial movements like opening and closing the jaw.
- **At 11 weeks:**
The baby can yawn.
- **At 14 weeks:**
The baby may begin to move its eyes.
- **At 20-24 weeks:**
You may now begin to feel the baby move. At first it may seem like gas or indigestion.
- **At 24-28 weeks:**
You may feel your baby's hiccups, which feel like jerking movements. You may also notice the baby react to outside sounds like music or sudden loud noises.
- **At 29 weeks:**
The movements may become noticeable from the outside.
- **At 36 weeks:**
The main movements you are likely to feel now are jabs from his arms and legs, and possibly painful kicks to your ribs. This is because the baby is getting ready for its final head-down position.



Avoiding pregnancy heartburns

Have you ever seen those fire performers that put fire sticks down their throat just for entertainment? A severe heartburn feels just like that, but there's nothing fun about it. It's as if hot lava is rising up your chest and throat, leaving a horrible taste in your mouth.

[Read more](#)



Save on that precious sleep

Sure, you are excited about the new life that you brought into the world. But you may not have been prepared for the sleepless nights this job brings with it. You haven't gotten a good night's sleep in weeks, probably months.

[Read more](#)



Being the best birth partner

While being in the labour room with all the blood, can seem like a daunting experience, it may be the same for your partner. She may be equally scared and freaked out at the thought of the pain she may be anticipating during child birth or the health of the baby.

[Read more](#)



Physical play & Exercise

Sure, your toddler seems hyperactive, is constantly fidgeting and can barely sit still. But does that still amount to getting the right amount of exercise?

Physical activity in babies, toddlers and preschoolers increases muscle strength, coordination and bone density. Kids who are active not only sleep better and are better able to maintain a healthy weight, but they're also much happier than couch potatoes (or tater tots). Not only that, the confidence that active play instills as regards motor movements leaves toddlers free to enjoy and challenge themselves in physical activity, both now and long into adulthood. What's more, active toddlers are more likely to stave off heart disease, diabetes and some forms of cancer as they get older.

According to the U.S. National Association of Sport and Physical Education, your toddler should be logging 30 minutes of structured exercise (a planned physical activity such as a game of football or a tricycle ride) and at least 30 minutes of unstructured exercise (like a session of free play at the park) every day.

Here are some tips to get your toddler to keep moving:

1. Get outside

There is nothing better than fresh air to get your toddler energised. Take your toddler to the garden/ playground where the toddler can run freely, climb, or jump to hearts content. If the park is far away, fret not, taking the toddler to your building compound could still do the trick. Stack up activity toys like tricycles, riding toys or balls for kicking or throwing around. Having a mini-tennis/ badminton racket can also go a long way in increasing physical outdoor activity. Make it a point to build getting outside to play as part of the toddler's daily routine.

2. Build fitness into your day

For short errands or grocery shopping, instead of taking your car out or hailing a taxi, walk to the market with your toddler. If walking to your destination isn't an option, then try parking the car a small distance away from your destination so that you can both turn it into a mini-walk. Another great fix is to take the stairs instead of the elevator/ escalators.

3. Curb the couch potato lifestyle

We all love the peace of mind we get when our kids are quietly enjoying their cartoons on TV. But limiting screen time can help establish healthy habits for the future. Technology is a necessary evil and sooner or later the kids are going to get hooked onto those electronics. Set time limits on how much screen time is allowed during the day, and instill the rule that the rest of the time has to involve them doing some form of physical play. Another way to keep them moving is to have them watch interactive shows which require them to stand up, dance or move around as the TV characters do.



4. Get into team spirit

Have your toddler play around with other kids; play games that require multiple kids, where they are to form teams. You could also sign them up for football/ cricket or other such team sports; or if your toddler isn't inclined towards sports, then a dance studio close by could also be a great option. Doing activities with other kids can motivate the toddler to get shaking and do better. Team building activities can help inculcate valuable lessons of success/ failure with a lasting impact on the way they lead their lives when they are adults.

5. Set the right example

No matter what you preach, toddlers learn best by mimicking you. So make family outings adventurous. Involve swimming, hiking or walking around as part of your holiday fun. Do exercise videos at home so your toddler can watch you work out. Hit the gym/ go for a jog in attire used to exercise so your toddler knows you are going out to exercise. Show your toddler that exercise is priority to you, and your toddler will make it a priority too.

HOME

TODDLER: PHYSICAL PLAY & EXERCISE

GETTING READY FOR YOUR BABY'S ARRIVAL

AVOIDING PREGNANCY HEARTBURNS

SAVE ON THAT PRECIOUS SLEEP

BEING THE BEST BIRTH PARTNER



Click here to download the PDF version



Getting ready for your baby's arrival

Once the baby is born and ready to come home, you want to be sure that the home is ready for the baby too. Here are a few things you can keep in mind:

1. Washing the baby's clothes and linens

The baby's skin is really delicate. Ensure that all fabrics that touch the baby, be it the clothes or bedding, are washed with non-biological detergent. This will reduce irritation and keep those rashes at bay.

2. Keep some meals cooked and ready

Once your child arrives you may not have the time to prepare for meals immediately, so it is a good idea to cook some food and freeze it so that you can give your 100% time to getting used to baby and its needs.

3. Clean the house

You are not going to have the time to do your chores once your baby arrives. Do the laundry beforehand. Make sure all the dusting is done. Clean all the sofas and carpets. Get all the vacuuming done so that the baby comes back to a clean home.

4. Stock up the nappies

Keep a 10-12 day supply of nappies. You will be surprised how often you'll land up changing them. You don't want to go running to the store to keep buying more nappies.

5. Get all the contact numbers

Keep your gynaecologist number handy. Find the paediatrician you are comfortable with beforehand, and be ready with their contact details.

6. Choose your baby's going home outfit

You want to remember the first moment you brought the baby home. You don't want your child complaining about the clothes you made them wear when they see these pictures later. Pick the outfit that looks good, but at the same time is comfortable for the baby.

[HOME](#)[TODDLER: PHYSICAL PLAY & EXERCISE](#)[GETTING READY FOR YOUR BABY'S ARRIVAL](#)[AVOIDING PREGNANCY HEARTBURNS](#)[SAVE ON THAT PRECIOUS SLEEP](#)[BEING THE BEST BIRTH PARTNER](#)

Click here to download the PDF version



Avoiding pregnancy heartburns

Have you ever seen those fire performers that put fire sticks down their throat just for entertainment? A severe heartburn feels just like that, but there's nothing fun about it. It's as if hot lava is rising up your chest and throat, leaving a horrible taste in your mouth.

Heartburn can occur throughout the pregnancy, often from the 1st trimester itself, and then only intensifying there on.

What causes acidity during pregnancy

- 1. Hormones:** Yes. Pregnancy hormones cause the lower oesophageal sphincter to relax thereby allowing stomach acids to rise up the chest through the oesophagus.
- 2. Making space for the baby:** As the uterus grows making space for the foetus, the abdomen gets crowded, pushing the stomach fluids upwards. This becomes particularly evident in the 3rd trimester.

How to avoid acidity during pregnancy

1. Eat smaller portions but more often. As the abdomen size reduces, it becomes tougher for the body to digest larger portions of food. So instead of 3 large meals, try and aim for 6 mini-meals in the course of the day, with lunch being your main meal.
2. Eliminate trigger foods. Identify the foods/ingredients that cause acidity and completely remove them from your diet. Usually fried, spicy and rich foods are the culprits, so try and avoid those.
3. Focus more on liquids like soups, juices, milkshakes as those tend to get digested and absorbed faster, and move more easily down the stomach. Chew solid food slowly until they are almost "liquefied".
4. Sip water throughout the day rather than at one go in large quantities. Consistent intake keeps flushing things through and hydrates the body. However avoid too much water during meals as this slows down the digestion process, thereby increasing the risk of acid reflux.
5. Sit upright after eating. Do not directly lie down as this can push the stomach contents upwards.
6. Sleep smartly. Avoid eating at least 3 hours before sleeping. Keep the head of your bed slightly higher than the foot. Place extra pillows under your shoulders to avoid acids from travelling upwards. Sleep to your left to avoid the acids from an otherwise easy uphill travel.
7. Wear loose fitting clothing. Tight fitting clothes can increase the pressure on your abdomen.



A few home remedies to naturally relieve pregnancy heartburns

1. Fresh lemon in water mixed with honey can do wonders. Lemon juice increases the production of digestive juices and bile which helps balance low stomach acids and aids in digestion.
2. Coconut water can act as a great acid neutraliser. However some women experience discomfort from it, so test it out before making it a regular habit.
3. Fennel seeds ward off heartburns. They naturally soothe the digestive tract, reduce acid, and decrease inflammation. However excessive use can lead to contractions, therefore use in moderation.
4. Ginger tea. Again like fennel seeds, use in moderation.
5. 2-3 almonds after every meal. Make sure you chew them before swallowing. Almond milk also tends to be a great acid balancer. However, ensure that you are not allergic to them.

Most women with healthy, normal pregnancies will find easy, convenient, and effective measures to relieve heartburn discomfort naturally. However, if you find your pregnancy heartburn persists or seems very severe, consult your doctor for the same.

HOME

TODDLER: PHYSICAL PLAY & EXERCISE

GETTING READY FOR YOUR BABY'S ARRIVAL

AVOIDING PREGNANCY HEARTBURNS

SAVE ON THAT PRECIOUS SLEEP

BEING THE BEST BIRTH PARTNER



Click here to download the PDF version



Save on that precious sleep

Sure, you are excited about the new life that you brought into the world. But you may not have been prepared for the sleepless nights this job brings with it. You haven't gotten a good night's sleep in weeks, probably months. The word "walking zombie" probably closely relates to you.

It's not easy looking after the little one and the entire family, if you are sleep deprived. Not getting all that much required sleep may just add the stress you already feel. But worry not - here are some useful tips on how you can regain that precious sleep.

1. Get someone else to feed your baby at night

Enlist your partner to feed the baby during night-time. If you are feeding using the bottle, it's easy. However, if you are breastfeeding, pump the milk in advance and have your partner feed the breastmilk at night. This has the added advantage of giving your partner to bond with your baby at night.

2. Take naps

It's okay to take a nap once in a while. Don't forbid yourself from it because you feel the burden of all the work that you may need to do. Look after yourself first and everything else can take second priority. We've all heard the phrase "Sleep when the baby sleeps". It is very tempting to try and do chores, wash dishes, do laundry and clean floors when your baby is asleep. But accept that your house is dirty and messy and go to sleep because once baby is up, you have to be up too. You will just have to find the right times when you can sleep. Avoid looking at the clock to see how much you have slept or can sleep more; just sleep.

3. Keep your baby closer to you

To avoid you moving too much, keep the baby's bed close to yours so when the baby requires feeding/ attention, you can easily reach out. Do not mistake this to be a sign of laziness. In case you can't do this, invest in a baby monitor and keep the monitor on and close to you so you as soon as your baby makes some noise you can go check on the baby. Mothers tend to get attuned to their baby's crying so don't worry about not hearing it/ guilt-tripping over it.



4. Say yes to help

You may feel like being super mom, but accept any help that you get; be it from friends, family or a babysitter. People tend to think of sleep as a luxury, but it's actually a medical requirement.

5. Put yourself in the mood for sleep

As tired as you may be, it isn't easy to instantly sleep. Get earplugs/ eye masks. Alternatively ask your partner/ family to take the baby out for a stroll. It is way more relaxing to know that the baby is being taken care of while you are catching up on your sleep.

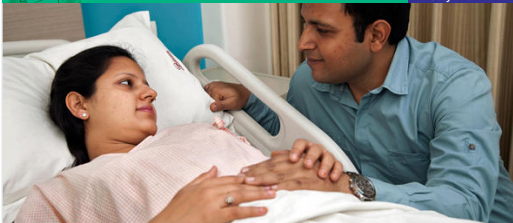
6. Don't ignore the baby blues

Sleep loss can cause the mood changes to worsen and in effect those bad moods can cause sleep deprivation. In case small naps don't help, consult your doctor on what medicines you can use to induce sleep. Do not self-medicate.

Just focus on the end goal, that once your baby learns to sleep for 8 hours at a stretch, you'll get your beauty sleep too. Always helps to have a deadline in mind.

[HOME](#)[TODDLER: PHYSICAL PLAY & EXERCISE](#)[GETTING READY FOR YOUR BABY'S ARRIVAL](#)[AVOIDING PREGNANCY HEARTBURNS](#)[SAVE ON THAT PRECIOUS SLEEP](#)[BEING THE BEST BIRTH PARTNER](#)

Click here to download
the PDF version



Being the best birth partner

While being in the labour room with all the blood, can seem like a daunting experience, it may be the same for your partner. She may be equally scared and freaked out at the thought of the pain she may be anticipating during child birth or the health of the baby. But keeping those fears at bay and being in there with your partner will be the best support you can give. After all, yours will be the face she would look to, for support in that moment.

Here's how you can cope with your anxiety:

1. Plan before hand

Talk to your partner beforehand about what she expects and what she doesn't want happening at the time of labour. Let the doctors know in case your partner has any reasonable specific customs or rituals that she may wish for. You will be the one in charge there.

- You may need to spend the night at the hospital too, so in addition to the mom's and baby's bag, pack for your stuff too, so you don't have to scurry back home when your family needs you the most.
- Make sure all the medical papers, insurance files etc. are in place. You do not want to go rushing back home for a missing paper only to miss the best moment of your life.
- Speak to your CareLine case manager for more guidance on packing for hospital

2. Be calm

The experience maybe an emotional rollercoaster ride, but you will just have to handle it. Your partner will be in pain. There could also be some unexpected emergency situation that comes up. Your partner will throw tantrums and will yell and scream at you. Just stay calm and exude the coolness of a cucumber. Seeing you calm gives that much more strength to your partner to hang in there

3. Timing

In case you planned the delivery in advance, you may have time in hand before the delivery. Help her time the contractions to let the doctor know when she is ready for delivery. It would be handy to have a stop watch to help with this.

4. Deep breaths

While she is going through those contractions, look her in the eye and breathe in sync with her. Do not run off to call the nurse/ doctor; wait till the contraction is over. She needs your support there and she needs you to help her distract herself through the pain. Try finding a spot on the ceiling she can concentrate on or help her hold on to a baby toy that you bought together; be creative with this, stay calm and walk her through it.

5. Holding hands

Shouting "Go...you can do it" will only get her more irritated while she is in pain. Instead hold her hand, maintain eye contact, and just softly encourage her and assure her every once in a while that it's almost over and she's going to be fine.

6. Stick around

Yes, you are ecstatic on having this baby, and can't wait to spread this joy to the world. But don't run off 2 minutes after the birth; Stay with her; Get her water; Cuddle with her and the baby. Tell your partner how great she was and express your happiness to her first. Then go on telling everyone else.



HOME

TODDLER: PHYSICAL PLAY &
EXERCISEGETTING READY FOR YOUR
BABY'S ARRIVALAVOIDING PREGNANCY
HEARTBURNS

SAVE ON THAT PRECIOUS SLEEP

BEING THE BEST BIRTH PARTNER



Click here to download
the PDF version